Dear Superintendent/Principal,

I’m interested in sharing the Only7Seconds Connection Curriculum with our students.

Only7Seconds is on a mission to end loneliness. In the pilot research, they had very positive results that I think could work well for our students. The Connection Curriculum is designed as 9 lessons for the year that incorporate a video-led empathy lesson followed by a routine way for students to connect with themselves and then to connect to their community. I will use the storyteller videos in class to lead conversations and then use the Connection Challenges to engage with students throughout the month.

In the initial pilot, students from schools in all types of demographics from rural to urban, small to large, public, private and charter were involved. In one of the districts, 86% of students reported they used the opportunity to reach out to people in their lives and they felt more connected. Another 77% of students reported feeling less lonely in general.

I believe that now is the time to equip our students with tools, so they feel less lonely. This first month, we are focused on Kea’s story. In listening to her story, students reflect on how they connect with themselves to regroup, recharge, and reset. Students are asked to write a letter to themselves that they will review at the end of the curriculum.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal*,***

We are beginning lesson two of the Connection Curriculum from Only7Seconds and this lesson is all about building relationships. As I have shared before, the lessons are all built around ending loneliness. We start with reflecting on how students did with completing last month’s challenge—writing a letter to their future self and sharing about that with someone in their Connection Circles. Students do these check-ins with their Connection Team, which helps them to be more accountable.

Then we have time for the students to watch a video. This month’s storyteller is Mario Gonzalez. Remember, you can learn more about him and his story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

The background research this month is about the CASEL standards and the discussion is around how to build relationships that ensure you are getting what you need from the people in your life. We practice by thinking about what is important to students and identifying who they get that from in their current circles. The rich balance between small groups and large, personal reflection and discussion ensures that every student is included in the conversation.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson three of the Connection Curriculum from Only7Seconds and this lesson is the core of how Only7Seconds has built their programs—the introduction of the Hope Notes! As I have shared before, the lessons are all built around ending loneliness. We start with reflecting on how students did with completing last month’s challenge—reaching out to someone in their circles and thinking about what they need to build strong and healthy relationships. Students do these check-ins with their Connection Team, which helps them to be more accountable.

Then we have time for the students to watch a video. This month’s storyteller is Vik Chopra. Remember, you can learn more about him and his story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

The background research this month was around the importance of novelty and routine in teaching and having this curriculum follow the predictable nature—Check In from last month to build accountability, Video with empathy lesson, Check in with yourself, Check in with your circle and the Connection Challenge—ensure a nice balance between routine and novelty.

The discussion this lesson is around how to encourage others in your community that you may not have a direct connection with and how that can make an impact. The rich balance between small groups and large, personal reflection and discussion ensures that every student is included in the conversation.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students. Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson four of the Connection Curriculum and this month students reflect on who they are through an art experience. We build knowledge around how knowing yourself allows you to be more resilient and determine who you want to be in the future.

Then we have time for the students to watch a video. This month’s storytellers are Mac & Hailey Potts. Remember, you can learn more about them and his story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to remember that they have people in their lives that they may not still be close with to help them see that relationships ebb and flow and when they feel lonely to know that it is only temporary.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson five of the Connection Curriculum and this month students share about their personal interests and connect with students who have similar interests or even with interests they want to know more about!

Then we have time for the students to watch a video. This month’s storyteller is Danny Rigsby. Remember, you can learn more about them and their story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to see places in their lives where they can expand their circles and build new friendships.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson six of the Connection Curriculum and this month students dig into who they respect, their role models and think of ways to build out their connection circles by including those people.

Then we have time for the students to watch a video. This month’s storyteller is Mariah Paz. Remember, you can learn more about her and her story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to see places in their lives where they can connect with people they respect while building their connections.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson seven of the Connection Curriculum and this month students connect with the people in their closest circles and share appreciation for what they bring to their lives.

Then we have time for the students to watch a video. This month’s storyteller is Ethan Wall. Remember, you can learn more about her and her story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to recognize and appreciate the people closest to them.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are beginning lesson eight of the Connection Curriculum and this month students complete a kindness challenge to engage with people in their circles with the intent of growing the connections they have!

Then we have time for the students to watch a video. This month’s storyteller is Izzy Boring. Remember, you can learn more about her and her story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to see places in their lives where they have strong connections and where they can expand their circles and build new friendships by showing kindness in the world around them.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

As we continue this journey, I hope you will come by and see the impact this is having on our students.

Because you matter,

Dear **Superintendent/Principal,**

We are coming to the end of the Connection Curriculum with this ninth lesson. This month students think about how they have grown their circles of connection over time and how the people in those circles can help them when they face adversity. We finish with a connection challenge to expand their circles and reflect on the thoughts they had when we started this program.

Then we have time for the students to watch a video. This month’s storyteller is Lyndsey Cox. Remember, you can learn more about her and her story by visiting Only7Seconds.com. The point of the video and discussion is to build empathy.

We hope this month’s lesson helps students to see the people around them as possible connections and have tools to connect.

You can find out more about Only7Seconds at their website including other ways that we can fight loneliness in our communities including programs like SHARE Day, Ambassadors and even the ability to learn more about the storyteller through the I Know Lonely program.

Finally, students take an assessment that allows to them to consider where they are regarding loneliness and empathy. This anonymous survey allows us to continue to grow and refine our offerings, if you have specific feedback to share, we would love your insight as well.

Thank you for supporting this program this year.

Because you matter,